Omega

INSTRUCTION MANUAL

Eat well, drink well and live well with Omega

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BMJ330
BIG MOUTH JUICER

English

PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USE

BMJMAN 122009 REV A

IMPORTANT SAFEGUARDS

• Read all instructions.
• To protect against risk of electrical shock, do not immerse cord, plugs or the appliance in water or other liquid.
• Close supervision is necessary when used near children.
• Unplug your juicer from the outlet when not in use, before putting on or taking off parts, and before cleaning.
• Avoid contacting moving parts.
• **DO NOT** operate this or any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
• The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury.
• **DO NOT** use outdoors.
• **DO NOT** let cord hang over edge of table or counter, or touch hot surfaces.
• **DO NOT** place near a hot gas or electric burner or in a heated oven.
• **DO NOT** use appliance for other than intended use.
• Always make sure juicer cover is clamped securely in place before motor is turned on.
• **DO NOT** unfasten latch arms while juicer is in operation.
• Be sure to turn the switch to the off position after each use. Make sure the motor stops completely before disassembling.
• **DO NOT** put your fingers or other objects into the feed chute while the juicer is in operation. If food becomes lodged in the feed chute, use food pusher or another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor off and disassemble the juicer to remove the remaining food.
WARNING: This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

SAVE THESE INSTRUCTIONS

AN OMEGA WELCOME TO BETTER NUTRITION

Your new Omega Juicer may very well prove to be the most important small appliance purchase you have ever made! With proper care, your Omega Juicer will provide you with years of dependable service, helping to ensure your continued good health and vitality . . . and that of your family.

It is important that you take a few moments to read the following instructions and suggestions to get the most out of your Omega Juicer and to completely understand what it can do. Your Omega Juicer is simple to operate and maintain. It has been constructed with the highest-quality materials and all stainless steel juicing parts, built to provide a lifetime of delicious, healthful fresh fruit and vegetable drinks. We feel confident that your Omega Juicer will provide you with many years of satisfaction as you continually extract nature's most valued and vital nutrients from its most cherished and purest fruits and vegetables.

Should you ever encounter a problem with your Omega Juicer, contact us immediately. We stand behind the juicer to guarantee customer satisfaction completely. We firmly believe that the Omega Juicer is one of the most technically advanced, top quality appliances you may ever purchase. Our responsibility doesn't stop with your purchase of the juicer, but instead is only just beginning. Your good health is our greatest objective.

With that in mind, go to it! Enjoy a lifetime of nature's most abundant and freshest juices created by you and your Omega Juicer. And feel GREAT.

TO ASSEMBLE:

STEP 1 Place the receptacle bin behind the motor base housing.
STEP 2 Place bowl on motor base housing with the spout facing the front of the unit with the label and resting in the middle of the two raised projections.
STEP 3 Place coupling on top of the bowl with the groove facing upwards and aligned with spout.
STEP 4 Place the strainer basket/blade assembly inside the bowl, making certain that it rests flat.
STEP 5 Place cover on bowl with ejection chute opening to the rear. The tab on the front of the cover should rest in the groove on the coupling. The ejection chute should rest inside of the receptacle bin.
STEP 6 Place tabs of latch arms over cover and secure by pressing down on the bottom of each latch arm.
STEP 7 Insert plunger in to the feed chute, with the arrow facing backwards.

TO DISASSEMBLE:

STEP 1 Remove plunger from feed chute.
STEP 2 Release both side latch arms by inserting fingers into the two side openings at the bottom of the motor base housing and pulling outward and upward.
STEP 3 Remove cover.
STEP 4 Lift out bowl, coupling, and strainer basket/blade assembly together, lifting from the bowl. Do not attempt to remove the strainer basket/blade assembly by itself.
STEP 5 Separate the strainer basket/blade assembly and coupling from bowl.

SPECIAL NOTE: The stainless steel basket is a precision-engineered item that should be handled carefully. This will help the juicer run efficiently and smoothly while increasing its operating life.

HELPFUL HINTS

• Make sure the machine is running at full speed before beginning to juice.

• Do not force food in to the juicer. For most fruits and vegetables, a slow, steady push down the chute will provide optimal juicing.

• There is no need to cut in to pieces a fruit or vegetable that will fit whole into the feeder chute. The Big Mouth Juicer is capable of juicing even large fruits and vegetables without the need for cutting. If a fruit or vegetable must be cut, cut only into large pieces that easily fit down the feeder chute.

• When preparing a drink that uses a combination of more than one fruit or vegetable, we suggest alternating the various fruits or vegetables when placing them in the machine. For example: Carrot Apple Juice – place one or two pieces of carrot in feeder chute, then a piece or two of apple. Continue alternating in this manner.

• When juicing leafy greens we suggest that you twist and roll the greens into a ball roughly the size of a golf ball. Always place the greens into the juicer first, followed by crisper vegetables such as carrots, celery, etc.

• When juicing very soft fruits and vegetables, such as tomatoes, grapes and peaches, we suggest that you alternate with firmer fruits and vegetables.

• Cleaning the Fruits and Vegetables: Before you begin juicing, thoroughly wash all fruits and vegetables. A vegetable brush may be used to clean carrots, celery, etc. Cut away any decaying , diseased, or spoiled portions of all fruits and vegetables.

• Preparing the Fruits and Vegetables: It is not necessary to peel your fruits and vegetables as many of the nutrients are container under the surface near the skin. Some exceptions that should be peeled include cucumbers, pineapples, oranges, grapefruit, etc. These should always be peeled.

HOW TO CLEAN AND CARE FOR YOUR OMEGA JUICER

STEP 1 Follow the disassembling instructions as explained previously in this manual.
STEP 2 Thoroughly wash parts in hot water. No detergent is required, but a mild detergent may be used if desired. Coupling, plunger, and cover require only light rinsing.
STEP 3 Wash strainer basket/blade assembly and bowl under running water. A stiff brush may be used to loosen any food residue.
STEP 4 If desired, removable parts may be cleaned in the dishwasher on the top rack. Do not attempt to clean motor base housing in the dishwasher.
STEP 5 To remove pulp debris from the strainer basket/blade assembly, scrape out using a non-abrasive brush. Placing the strainer basket/blade assembly under running water may aid in the cleaning process.
STEP 6 Towel dry all parts before reassembling.
STEP 7 After repeated use, mineral stains may begin to appear on the parts that come in contact with juice. Immerse all removable parts and completely submerge them in water overnight with a solution of eight tablespoons of dishwasher detergent per gallon of water.
(Do Not immerse the motor base housing).
STEP 8 If juicing daily, it is recommended to soak parts overnight as mentioned above on a weekly basis. If this precaution is not taken the openings in the mesh screen of the basket will start to fill in, making the juicer less efficient.
STEP 9 Your Omega Juicer never needs lubrication of any kind.

DISHWASHER USE: The stainless steel parts of the Big Mouth Juicer can be placed in the dishwasher. The plastic parts may be placed in the dishwasher on the top drawer only if the water is not extremely hot. If the water is too hot, the items should be hand washed. Plastic parts that become warped due to high heat will not be covered under the warranty.

DELICIOUS AND NUTRITIOUS JUICE RECIPES

When juicing combinations of fruits and vegetables, it is recommended that you alternate the various fruits and vegetables.

SPECIAL NOTE: Bananas cannot be juiced, only pulverized, therefore it is not recommended to use bananas in the Big Mouth Juicer.

• ***Carrot-Celery Juice*** – Mix two parts carrot to one part celery. Add a small wedge of lemon for added flavor.
• ***Carrot-Celery-Apple Juice*** – Mix equal amounts of carrot, celery and apple.
• ***Carrot-Cabbage Juice*** – Mix three parts carrot to one part cabbage.
• ***Carrot-Cucumber-Beet Juice*** – Combine five parts carrot, two parts cucumber, and one part beet. Or, one cucumber peeled, one red beet and the remainder carrot.
• ***Carrot-Celery-Parsley Juice*** – Combine four parts carrot, three parts celery and one part parsley. IMPORTANT: One part of most leafy green vegetables can be substituted for the parsley.
• ***Carrot-Parsley Juice*** – Combine seven parts of carrot to one part parsley.
• ***Apple-Carrot-Beet Juice*** – Add a small wedge of beet to equal parts of apple and carrot.
• ***Carrot-Cucumber Juice*** – Combine four parts carrot to one part cucumber.
• ***Apple-Beet Juice*** – Combine five parts apple to one part beet.
• ***Apple-Grape*** – Combine equal parts apple and grape, alternating grapes and apples.
• ***Apple Lemonade*** – Very small wedge of lemon with peel and about four apples (mixed variety).
• ***Pear Lemonade*** – Small wedge of lemon with peel and any type of pear.
• ***Orange-Grapefruit-Lemon Juice*** – Combine four parts orange, four parts grapefruit and one part lemon. The orange and grapefruit must first be peeled.
• ***Apple-Orange Juice*** – Combine equal parts of apple and orange.
• ***Melon Delight*** – Watermelon, seed and even the rind if it's clean.
• ***Cantaloupe and Honeydew*** – Combine in equal parts. Peel these before juicing as the outside is difficult to clean.
• ***Carrot-Apple-Spinach Juice*** – Combine eight parts carrot, six parts apple and two parts spinach.
• ***Carrot-Lettuce-Celery Juice*** – Combine equal parts of carrot, lettuce and celery.
• ***Carrot-Beet-Spinach Juice*** – Combine five parts carrot, three parts spinach and one part beet.

USES OF PULP

With the Omega Big Mouth Juicer, nothing is wasted: The pulp has a variety of uses, including flavoring in soups, cakes and salads, as compost in gardens and plants, feed for small pets, and even baby food (after mixing the remaining pulp with juice/water to dilute).

Pictured below are the basic parts to the Model BMJ330 Big Mouth Juicer.

COMPONENTS
1 - PLUNGER
2 - COVER
3 - STRAINER BASKET/BLADE ASSEMBLY
4 - BOWL
5 – BASE HOUSING
6 – PULP RECEPTACLE BIN
7 – COUPLING
8 – LATCH ARM

Omega
FRUIT AND VEGETABLE
Juicer

NOTES:

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